



BRFSS

Sedentary Lifestyle

Fact Sheet

Chronic Disease Epidemiology Unit

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Recommendation: Everyone should be active throughout his or her life. Adults are encouraged to engage in at least 30 minutes of moderate activity most, and if possible all, days of the week. Consult with your physician before starting a vigorous exercise program if you have health problems, if you are male and over 40 years old, or female and over 50 years old.

Inactive: Respondents who did not engage in at least 30 minutes of sustained physical activity five times per week, regardless of activity.

Healthy People 2000 goal: Increase to at least 30% the proportion of people age 6 and older who engage in regular, preferably daily, light to moderate physical activity for at least 30 minutes of the day. **Status: Not Achieved;** overall, only 15% of Louisianans get the recommended amount of exercise, vs. 22% nationwide [Fig 1].

For the year 2000, 82% of Louisianans aged 18-24 did not engage in at least 30 minutes of physical activity five or more times per week; the proportion increased to 86% of respondents 25-44 and 45-64, and 85% of people in the 65+ group.

Females had a higher prevalence of inactivity than males (87% vs. 84%) and African Americans had a higher prevalence than whites (88% vs. 85%) [Fig 2].

The strongest trend in the 2000 data was the decrease in the prevalence of physical inactivity with increasing educational level; 90% of respondents with less than a high school education were inactive, compares to 79% of college graduates [Fig 3].

A similar trend was evident for income level, with 88% of respondents in the lowest income bracket (under \$15,000) reporting inactivity, compared to 81% of those in the highest bracket (\$50,000 or more)

All data from the Louisiana Behavioral Factor Surveillance System: 1991-2000 Chronic Disease Report:

[<http://oph.dhh.state.la.us/chronicdisease/behavioralrisk>]

